

**Titles screened (n = 9922)**

- CINAHL (n = 354)
- EMBASE (n = 3707)
- MEDLINE (n = 2517)
- SPORTDiscus (n = 2243)
- WoS (n = 1101)

**Full text articles retrieved (n = 31)**

**Studies eligible for inclusion in systematic review (n = 13)**

**Excluded studies**

- From title and abstract (n = 4454)
- Duplicates (n = 5437)

**Studies excluded after evaluation of full text with reason (n=18)**

- Temperature <28°C (n = 8)
- Cooled during exercise (n = 3)
- Insufficient outcome measures (n = 2)
- Published as abstract only (n = 3)
- Non-experimental (n = 1)
- Other (n = 1)